



FORTH VALLEY DISABILITY SPORT

Forth Valley Disability Sport,
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Forth Valley Disability Sport Paralympic Games Special

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FORTH VALLEYS PARALYMPIC VOLUNTEERS

FVDS had three local club and committee members attending the Olympics or Paralympics games in London this year as a Official or Games-maker.

Shona Malcolm Scottish Athletics Disability Development Officer and athletics club coach and official was selected to officiate at both the Olympics and Paralympic Games in Athletics

Jean Duncan Clackmannanshire Disability Sport Development officer, FVDS committee member and International Boccia official was selected to officiate at the Paralympics as a Boccia official.

Jennifer Livingstone Clackmannanshire Active schools officer and FVDS committee member volunteered as a games maker at the Paralympics also.

FVDS would like to thank all three for volunteering at the Paralympics and helping it to be such a success.

The next FVDS Newsletter will be out at the end of December 2012. If you have any information or stories for the next edition email : info@fvds.org.uk

Get Involved in FVDS

We are always looking for new volunteers to help with clubs and events . If you or anyone else you know are interested in volunteering and would like to find out more, please contact Graham Harvey, Forth Valley Disability Sport Tel: 01786 466486 or email info@fvds.org.uk

Forth Valley's Paralympic Torch Bearers

Three athletes from Forth valley Alan Oliver, Jaime Docherty and Meggan Dawson Farrell (Pictured to the Right) were given the honour of being a the Paralympic torch bearer. Each athlete carried the torch a total of 300metre. Along the torch route from Stoke Mandeville to London. Well done to all three athletes and FVDS wish them all the very best for the coming year.



We're on the web! www.fvds.org.uk

BO'NESS ARCHER IN GB PARALYMPIC SQUAD

Bo'ness archer Murray Elliot hit the target, securing selection for this summer's London 2012 Paralympic Games. The delighted sportsman declared: "It was amazing, to go down to London, it was the chance of a lifetime". His joy was sweeter as wife Hazel, who he met through archery, is a former Scottish champion who coached him in his ascent to the British team and was also at the Games in a coaching capacity.

Murray (50) made his Paralympic debut in London, after just missing out on Beijing four years ago due to international classification rules. Being host nation wasn't enough to guarantee Great Britain's archers a London team spot - Murray helped see to that with a sharp performance at last year's world championships in Turin.

A call from the performance director confirmed he was London bound, alongside previous gold medallists.

"It's been four years of very very hard work. When I received the news it was just incredibly emotional." Murray, who suffers from painful spine and pelvic problems which affect his strength, balance and flexibility, could not wait for the official Team GB launch in London in mid-July. Murray trained for up to six days a week, with two or three hours of shooting, gym and sports psychologist sessions. The Balbardie Archers' member has used several venues, including Linlithgow Academy, and Beecraigs Country Park, who give him special out-of-hours access.

Murray moved into the athletes' village on August 22 2012 and his first men's recurve ranking event was on August 30 2012, the morning after the opening ceremony. Murray reached the heat stages of the Archery event in London.

FVDS wish him all the best in his future sporting achievements.

We're on the web! www.fvds.org.uk

Contacts for Disability Sport in the Central Area

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Falkirk Sports Development

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Active Stirling

Blair Cremin

Stirling Disability Sport Development officer

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FVDS ARCHERY COME AND TRY EVENT

On Sunday 21st October 2012 at the Grangemouth Sports Complex Forth Valley Disability Sport held a regional archery come and try event. Between 2pm and 4pm 20 children, young people and adults with physical, sensory or learning disabilities attended the event.

Murray Elliot Forth Valley's very own Paralympic archer attended the event and demonstrated his skills in the sport of archery with a short demonstration. Followed by a question and answer session where participants had the opportunity to ask Murray about his Paralympic experience.

FVDS would like to thank MRM Archery for provided the coaches and equipment on the day. All participants enjoyed a fun and safe introduction to archery with all participants achieving high scores on the target.

If you have a disability or are the parent or carer of a child with a disability and would like more information on disability sport in the Forth Valley Area, contact Forth Valley Disability Sport on Tel: 01786 466486 or Email: graham.harvey@fvds.org.uk.



Pictured above : Participants, MRM coaches and Murray Elliot pictured at the FVDS Archery Come and Try with their bows.

FVDS FUNDRAISING

Thank you to everyone that has helped FVDS to fundraise over the past few months. All our funding for our sport events comes from fundraising events and donations. If you would

London 2012 for Forth Valley Football Player

James Richmond from Tullibody was one of four Scottish players selected for the GB 7 a side football team for London 2012. James joined his colleagues in London to take on the leading players with cerebral palsy, head injury or stroke from all over the world. The seven a side tournament has always been a popular Paralympic Games event and James like his fellow players was geared up for the big occasion.

The GB Team draw world number one team Ukraine plus Brazil and USA in their group. James was hopeful that the team would be able to pick up the points needed in the group



Pictured above James Richmond

James began playing in disability football eighteen months ago after seeing a poster in McDonalds. He was selected for the Scottish National Squad straight away. David McArdle Scottish FA Disability Football Manager said " I am delighted for James and the other three Scottish team members for being selected, he is a versatile player who can play in many positions, I'm sure he will make a very positive contribution to the team".

James has received support from the Scottish Institute of Sport to physically prepare for the Games. James said " It's been hard work juggling family commitments, work and training but I was delighted to represent Great Britain and excited at competing in my first Paralympics in front of a home crowd. James and the GB 7 a side football team finished in 7th place overall.

Inspirational and Successful London 2012 Paralympics

Congratulations to Team GB on the tremendous performances at the London 2012 Paralympic Games. Well done to all the athletes, players and support staff who inspired so many of us who were able to attend as spectators, in addition to the many millions all over the world who watched the Games on TV. There were many outstanding results, incredible role model athletes and remarkable stories played out during the last eleven days. A full list of results can be found at www.london2012.com or www.paralympics.org.uk.

Scottish Disability Sport would wish to pay tribute to the 27 athletes selected for Team GB, all of whom made a significant contribution to the performance of Team GB as a world force in disability sport. All performed to the best of their ability at the time, many setting personal bests and some returned with well-earned medals.

Inspirational and Successful London 2012 Paralympics continued

Gold: David Smith, Rowing, Mixed Adaptive Coxed Fours, Craig MacLean, Cycling Pilot Individual B Sprint, Neil Fachie, Cycling 1km Time Trial.

Silver: Libby Clegg, Athletics 100m T12, Steph Reid, Athletics/Long Jump, Aileen McGlynn, Cycling 1km Time Trial, Sam Ingram, Judo -90kg, Neil Fachie, Cycling Individual B Sprint-Karen Darke, Individual H1-2 Time Trial.

Bronze: Aileen McGlynn, Cycling Individual B Pursuit, James Clegg, Swimming 100m Butterfly.

Worthy of mention was the bronze swimming medal won by novice James Clegg who was a late edition to the team and the exceptional athletics silver secured by sister Libby in a fiercely contested T12 100 metres. Once again Scottish cyclists produced the goods with five of the eleven Scottish medals. The gold won by Neil Fachie and silver by newcomer Karen Darke were the pick of the performances in the velodrome and at Brands Hatch. David Smith secured Scotland's first Paralympic rowing gold medal and Sam Ingram converted his many hours of training at Ratho into a superb judo silver. Steph Reid's long jump silver was special and Aileen McGlynn confirmed why she is a Scotland "great" by winning another two Paralympic medals. Scotland is very fortunate to have Craig McLean on board as a pilot.....

Scottish competitors won 11 of 120 GB medals which equates to 9% of the medals. The 27 Scottish athletes competed in 11 sports and medalled in five of those sports. Congratulations to all GB athletes and players but especially the Scottish contingent.

For the record Team GB finished third in the medals table behind Russia and the dominant Chinese delegation. Team GB dropped to third place following a second place finish in Beijing but comfortably passed their overall medals target of 103. The many positive outcomes from this brilliant success story will be realised as the team moves forward to Rio in 2016 when athlete performances will be even better.....can this be possible?

1. People's Republic of China G-95 S-71 B-65 gold medals: Total 231

2. Russian Federation G-36 S-38 B-28: Total 102

3. Great Britain G-34 S-43 B-43: Total 120

If 2012 Paralympians have inspired any child, young person or adult to participate in sport, please contact SDS direct on 0131 317 1130 or admin@scottishdisabilitysport.com.

Clubs in the Central Area

Stirling City All Stars

Football Club at Wallace High School Stirling - Mondays from 7:30pm - 8:30pm For further information email Alban Dickson Tel: 07766984228 or email: Alban_dickson@gmail.com

Right On Target Boccia Club

Every Thursdays, 6- 7.30 pm at Alloa Academy. For further information contact Jean Duncan Tel: 01259 452339 or email: jduncan@clacks.gov.uk

Alloa Swimming Club

Alloa ASC train on Monday nights at the Leisure bowl 6-7pm. Please contact Lynne Hasten-Duggen on 07788 866277

Forth Valley Flyers

The Forth Valley Flyers take place every Friday at Grangemouth Stadium from 5:30 to 6:45pm. For further information contact ann.finlayson@btinternet.com or contact FVDS Tel: 01324 590720

Stirling Swimming Club

Stirling ASC train on Wednesday and Friday evenings at Stirling University between 6.30pm and 8.30pm contact secretary@stirlingswimming.co.uk

Alloa East end Bowling Club

For further information contact Colin Blake Tel: 01 259 219013 , Email: colandele3@live.co.uk

Stirling Wheel-Chair Curling Club

Thursdays, 2-4 pm at the Peak Sports Village in Stirling. For further information contact Fiona Glass on figlass@btinternet.com or Tel: 01360 550646

Arion Swimming Club

Swimming Club train on Thursday night at the Peak Sports Village in Stirling 7pm -8pm. For further information contact: Moria Williamson Tel: 07523 132144

Dolphin Swimming Club

The club has been meeting at Grangemouth Sports Complex, 5-6 pm on alternative Saturdays to the Bo'ness Swimming club.

Contact Ian Jenkins Tel: 01324 626305

Boness Swimming Club

This club meets on the alternate Saturday from the Dolphin Club and has all ages and abilities attending. The club has been meeting at Bo'ness Recreation Centre for the last eight years with the expertise of Mr Ian Stewart. For further information telephone 01506 824430.

New Wheelchair Tennis Class

Wheelchair Tennis Class for Beginners. All players welcome.

Classes run every Wednesday evening 7pm -9pm at the Gannochy National Tennis Centre University of Stirling, Stirling FK9 4LA. Expert coaching , all equipment and sport chairs are provided. First session free, thereafter normal cost of £5 per class.

For more information please contact Andrew Raitt on andrew.raitt@tenniscotland.org or Tel: 07908 091820.



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